



**play attention**

# **EASY MEAL PLANNING FOR ADULTS WITH ADHD**

Planning meals for the week doesn't have to be overwhelming. Here's a simple and easy-to-remember method to make meal planning a breeze:



### **Step 1: Pick Your Planning Day**

Choose a specific day each week to plan your meals. Let's say Sunday.

### **Step 2: Use the Rule of 3s**

Plan for three types of meals: Breakfasts, Lunches, and Dinners. Aim for three options for each to keep it simple and varied.

### **Step 3: Theme Your Days**

Assign themes to each day of the week to reduce decision fatigue. Here's an example:

- Monday: Meatless Monday
- Tuesday: Taco Tuesday
- Wednesday: Pasta Wednesday
- Thursday: Stir-Fry Thursday
- Friday: Fish Friday
- Saturday: Slow Cooker Saturday
- Sunday: Soup and Sandwich Sunday

### **Step 4: Create a Master List**

Make a master list of favorite meals and rotate them. Keep this list handy in your kitchen or on your phone.



### **Step 5: Use a Visual Planner**

Use a whiteboard or a large calendar to write down the meals for each day. You can use colorful markers or stickers to make it engaging.

### **Step 6: Prep in Batches**

Dedicate some time on your planning day to prep ingredients. Chop veggies, marinate proteins, and cook grains in advance.

### **Step 7: Simplify Grocery Shopping**

Make a grocery list based on your meal plan. Stick to the list to avoid impulse buys. Consider using a grocery list app for convenience.

### **Step 8: Cook in Large Batches**

Prepare meals in large quantities so you have leftovers for lunch or another dinner. Think soups, stews, and casseroles.

### **Step 9: Set Reminders**

Set reminders on your phone for meal prep and cooking times. This helps keep you on track and ensures you don't forget important steps.





### **Step 10: Evaluate and Adjust**

At the end of the week, evaluate what worked and what didn't. Adjust your meal plan accordingly for the next week.

## **EXAMPLE OF A WEEKLY MEAL PLAN...**



### **Breakfast:**

- Monday-Wednesday: Smoothies (prep fruits and veggies in advance)
- Thursday-Friday: Overnight oats (prepare 2-3 jars on Sunday)
- Saturday-Sunday: Eggs and toast (easy and quick)

### **Lunch:**

- Monday-Wednesday: Salad with grilled chicken (prep veggies and cook chicken on Sunday)
- Thursday-Friday: Wraps (use leftover chicken or other proteins)
- Saturday-Sunday: Sandwiches (use deli meats or leftovers)

### **Dinner:**

- Monday: Veggie stir-fry (Meatless Monday)
- Tuesday: Chicken tacos (Taco Tuesday)
- Wednesday: Spaghetti with marinara sauce (Pasta Wednesday)
- Thursday: Beef and broccoli stir-fry (Stir-Fry Thursday)
- Friday: Baked salmon with veggies (Fish Friday)
- Saturday: Slow cooker chili (Slow Cooker Saturday)
- Sunday: Tomato soup and grilled cheese (Soup and Sandwich Sunday)



Meal planning can be simple and enjoyable with a structured approach. By using themes, visual aids, and batch prepping, you can make the process easy to remember and stick to.

Incorporate your Play Attention practice to help stay focused and organized throughout the week.

**HAPPY PLANNING AND  
BON APPÉTIT!**

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